

# CANTONESE LOBSTER

No. of Pax - 4

Ingredients	Qty.	Protein	Fat	Carbohydrate
Lobster (1pc. = 250gms.)	1kg.	205	9	Nil
Diced Pineapple in Syrup	550gms.	2.2	0.55	59.4
Brown Sugar	45gms.	.045	Nil	44.1
Teriyaki Sauce	75ml.	1.5	Nil	0.49
Vinegar	15ml.	Nil	Nil	0.006
Ketchup	15ml.	0.195	0.03	3.9
Seasoning	As Req'd.	N/A	N/A	N/A
Rice Wine	15ml.	0.077	Nil	0.745
Corn Starch	15gms.	1.05	0.27	11.85
Total		210.067	9.85	120.491

**Total Nutritive Value** - **340.408gms.**  
**Total Calorific Value** - **1410.882kcal**  
**Calorie Per Person** - **352.72kcal**

## PROCEDURE

1. Drain pineapple; reserve syrup. Combine syrup, brown sugar, 45ml teriyaki sauce, vinegar and ketchup; set aside.
2. Boil lobster with salt till cooked.
3. Slit the lobster and take out the flesh of lobster and dice it nicely. Reserve the shell for after service.
4. Mix lobster meat with remaining 30ml teriyaki sauce.
5. Brown lobster in large skillet; drain off excess fat.
6. Pour syrup mixture over lobster; simmer 10 minutes, stirring occasionally.
7. Dissolve cornstarch in water; stir into skillet with pineapple.
8. Cook and stir until sauce thickens and pineapple is heated through.

**Texture** - Well tossed & coated.

**Colour** - Dark.

